Microdosing Benefits

Outlook

Categories: 11 Concepts: 21 Codes: 46

Creativity Concepts: 2	Improved Mood Concepts: 3	Improved Focus Concepts: 2	Self- Efficacy Concepts: 2	Improved Energy Concepts: 1	Social Benefits Concepts: 1	Cognitive Benefits Concepts: 1	Reduced Anxiety Concepts: 1	Physiological Enhancement Concepts: 3	Perceived	Reduced Symptoms (Other) Concepts: 2
Codes: 3	Codes: 7	Codes: 4	Codes: 7	Codes: 4	Codes: 4	Codes: 3	Codes: 2	Codes: 4	Codes: 5	Codes: 3
Creativity Creativity	Mood Improved	Improved Focus Improved Focus	Self-Efficacy Improved	Improved Energy Improved Energy	Social Facilitation Sociability	Cognitive Enhancement Cognitive	Reduced	Physiological Enhancement Physiological	<i>Novelty</i> Novelty	Reduced Stress Reduced Stress
	Reduced Depression		Improved Productivity	Alertness	Empathy	Clarity of Thought	Reduced Social Anxiety	Sleep		Reduced Trauma Sensitivity
Meta-Creative Processes	Calm	Awareness	Confidence	Wakefulness	Connection	Memory			Misc	
Perspective Shifting		Heightened Awareness	Sense of Agency	Stimulation	Improved Communication Skills			Reduced Aches	Lack of Side- Effects	Reduced Substance Dependence
Openness		Mindful Presence						Reduced Headaches	Dose Control	Reduced Substance Dependence
	Emotional Intelligence	Engagement	Self-Care						Misc	
			Self-Care					Sensory Enhancement		
	Improved Outlook		Introspection					Improved Senses	None	
	Spirituality		Improved Meditation						None	
	Appreciation Positive		- Tourna	1						

Microdosing Challenges

Categories: 11 Concepts: 23 Codes: 44

Illegality	Impaired Mood	Impaired Focus	Self- Interference	Impaired Energy	Social Interference	Cognitive Interference	Increased Anxiety	Physiological Interference	Other Perceived Challenges	Increased Symptoms (Other)
Concepts: 3	Concepts: 3	Concepts: 1	Concepts: 2	Concepts: 2	Concepts: 1	Concepts: 1	Concepts: 1	Concepts: 3	Concepts: 4	Concepts: 2
Codes: 5	Codes: 7	Codes: 1	Codes: 2	Codes: 2	Codes: 2	Codes: 3	Codes: 3	Codes: 6	Codes: 9 <i>Unknown</i>	Codes: 4
Illegality	Impaired Mood	Impaired Focus	Self- Interference	Excess Energy	Social Difficulty	Cognitive Interference	Increased Anxiety	Physiological Interference		After Effects
Illegality	Negative Emotionality	Poor Focus	Dissociation	Restlessness	Social Overengagemen t	Confusion	Anxiety	Sleep Disturbances	Unknown Risk- Effect Profile	Psychological Dependence
	Irritability				Reduced Communication Skills	Racing Thoughts	Social Anxiety	GI Issues		Tolerance
Substance Reliability	T 1		Self-Sabotage	Inadequate Energy		Memory	Existential Anxiety	Decreased Appetite	Misc	Comedown
Dose Accuracy	Emotional Difficulty		Rumination	Fatigue					Misc	
	Emotional Depth		-					Increased Aches	*	Adverse Psychological Events
Financial Cost	Emotional Instability							Body Discomfort	Lack of Positive-Effects	Adverse Psychological Events
	Mania							Headache	Substance	
Stigma									Effects	
Stigma	Impaired							Sensory	Negative Drug	
Ö	<i>Outlook</i> Unusualness							<i>Disruption</i> Visual Effects	Interactions Pupil Dilation	
	Fear							Visual Effects	Bad Taste	
	1 041	ı							Duration	
									Concerns	
									None	
									None	